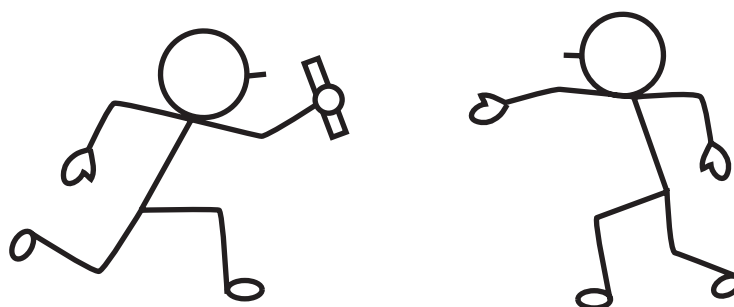


## FACE TO FACE BATON EXCHANGE

## SKILL CARD



- The incoming runner "A" holds the baton in his/her RIGHT HAND.
- The baton is held vertically and with an almost straight arm out in front.
- The receiver holds out an almost straight RIGHT ARM with the palm of the RIGHT HAND facing the incoming runner (*little finger nearest the floor*).
- The pass is made, RIGHT HAND TO RIGHT HAND to avoid collisions and enable the receiver to make a speedy getaway.

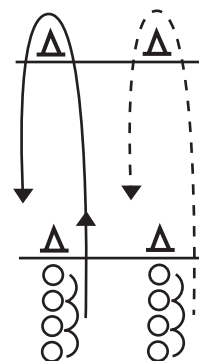
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## SIDEWINDER

Teams of four (or six) with one ball to each team. Stand in a line behind one cone and face the other one 10 metres away.

- (i) On a signal twist and pass the ball down the side of the team from hand to hand. The back person runs, carrying the ball in two hands, right round the far cone and back to the beginning of the line. (*Is it much harder to run when carrying a ball in two hands? This reinforces how important swinging arms are for efficient sprinting.*)

- (ii) Same game but when you have passed the cone, push-throw the ball to the next person. These challenges can be beat your own record. (*How many times in 1 minute? 1½ minutes? Or compete against the other teams.*)



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